VOLUME 76 | ISSUE 11 NOVEMBER 2025

High & Dry



People who stop going to meetings don't hear about what happens to people who stopped going to meetings...

Published by the **Greater Seattle Intergroup of Alcoholics Anonymous** — 5507 6th Avenue South, Seattle, WA 98108
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(206) 587-2838 — *Helpline is staffed 24 hours a day* **Email:** info@SeattleAA.org **Website:** www.SeattleAA.org

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Artwork by Jenza

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FUTURE TRIPPING: OCTOBER 2025 GSIG EVENTS

1 — Hospital and Treatment Committee

- 01 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Zoom link.

1 — District 33 Gratitude Banquet

- 01 @ 5:00 pm - 8:00 pm
- Tahoma High School, 23499 SE Tahoma Way, Maple Valley, WA, 98038, United States

2 — Service Manual Study

- 02 @ 11:00 am - 1:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Zoom link.

5 — Accessibility Committee

- 05 @ 6:00 pm - 7:00 pm
- Virtual Meeting — Virtual Meeting
- Zoom link.

6 — 12th Step Committee

- 06 @ 6:00 pm - 7:00 pm
- Virtual Meeting — Virtual Meeting
- Zoom link.

8 — Third Legacy Traditions Workshop

- 08 @ 9:00 am - 12:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Zoom link.

8 — District 17 Gratitude Banquet

- 08 @ 5:00 pm - 8:30 pm
- St. Alphonsus Family Center, 1415 NW 58th St., Seattle, WA, 98107, United States

10 — Corrections Committee

- 10 @ 6:30 pm - 8:00 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Zoom link.

15 — Chatline Volunteer Training

- 15 @ 8:00 am - 12:00 pm
- GSIG Office 5507 6th Ave S., Seattle
- Have you considered becoming a Chatline Volunteer?

15 — CPC/PI Committee

- 15 @ 10:00 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Zoom link.

16 — Burien Little Assembly Planning Group

- 16 @ 10:30 am - 11:30 am
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- This event is held online via Zoom
- ID: 810 1629 8713
- Passcode: 817009

16 — Seahawks Watch Party Alcohol-Free Football Event | AA Fellowship

- 16 @ 11:00 am - 3:05 pm
- GSIG Office 5507 6th Ave S., Seattle

18 — Web and Tech Committee

- 18 @ 5:30 pm - 6:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Zoom link.

18 — GSIG Monthly Board Meeting

- 18 @ 7:00 pm - 8:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Zoom link.

19 — Newsletter Committee

- 19 @ 5:30 pm - 6:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Zoom link.

21 — Annual Gratitude Banquet hosted by District 15, 40 and 41

- 21 @ 5:30 pm - 9:00 pm
- St. Joseph Catholic Church, 732 18th Ave E, Seattle, WA, 98112, United States

For event details:

seattleaa.org/events

24 — Gratitude Dinner ANPG and WDR

- 24 @ 6:00 pm - 9:00 pm
- St Matthew's Lutheran Church, 1700 Edmonds Ave NE, Renton, WA, 98056, United States

26 — The Principles of the Twelve Steps

- 26 @ 2:30 pm - 3:30 pm
- GSIG Office 5507 6th Ave S., Seattle — Hybrid meeting
- Meeting ID: 830 7826 9547
- Passcode: 600554



REFLECTING ON OUR PAST: November In Our History

"Never could we recapture the great moments of the past." (Alcoholics Anonymous, **page 151***).* **But here we list some.**

Nov 1934	Ebby T. carries message to Bill.
Nov 1936	Fitz M leaves Towns Hospital to become 'AA #3 in NY', with Bill W and Hank P.
Nov 1937	Bill and Dr. Bob compare notes in Akron. Count forty cases staying sober. Meeting of the Akron Group to consider Bill's ideas for how to expand the movement ... a book, AA hospitals, paid missionaries. Passed by a majority of 2.
Nov/Dec 1939	Akron group withdrawals from association with Oxford Group. Meetings moved from T Henry & Clarence Williams to Dr Bob and other members? homes.
Nov 1941	"First Mass AA Meeting" in Oklahoma City, 8 present, 1 was drunk.
Nov 1945	Bill's article called 'Those Goof Balls' published in Grapevine.
Nov 1986	Big Book published in paperback.
Nov 1, 1947	1st AA Group in Anchorage, Alaska.
Nov 1, 1963	Reverend Sam Shoemaker dies.
Nov 3, 2001	J P Miller who wrote screenplay for "The Days of Wine and Roses" died.
Nov 9, 1966	President Johnson appoints Marty M to the 1st National Advisory Committee on Alcoholism.
Nov 10, 1940	1st AA group formed in Minneapolis.
Nov 10, 2001	1st of 400,000 4th Edition Big Books arrives in the mail.
Nov 11, 1934	Armistice Day; Bill started drinking after dry spell, beginning of Bill's last drunk.
Nov 12, 1940	1st AA meeting is held in Boston.
Nov 13, 1939	Bill wants to go to work at Towns Hospital, NY drunks want him to stay on as head of the movement.
Nov 14, 1940	Alcoholic Foundation publishes 1st AA Bulletin.
Nov 15, 1949	Bill W suggests that groups devote Thanksgiving week to dicussions of the 12 Traditions.
Nov 16, 1950	Dr. Bob died.
Nov 18, 1946	1st Dublin Ireland group met.
Nov 21, 1939	AA's in San Francisco hold 1st California AA meeting in the Clift Hotel.
Nov 21, 1952	Willard Richardson, past Treasurer/Chairman of Alcoholic Foundation, dies.
Nov 26, 1895	Bill W born in East Dorsett, VT.
Nov 26, 1939	Dilworth Lupton gave sermon "Mr. X and Alcoholics Anonymous". Became one of first pamphlets on AA.
Nov 28, 1939	Hank P writes Bill advocating autonomy for all AA groups.
Nov 28, 1943	Bill guest speaker San Quentin Penitentiary (sometimes dated Dec 2, 1943).

Source: AASJ - https://aasj.org/november-history/

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THERE IS A SOLUTION

Ways You Can Help Seattle Intergroup

High and Dry Subscriptions

$12/yr. for a physical copy, $10/yr. for a digital copy

» To sign up to receive our newsletter, visit: seattleaa.org/intergroup/newsletter/

Join the '*How Dry I Am Club*' or aka the 'Birthday Club.'

There is a suggested $1.00 for every year of sobriety you are celebrating.

» To contribute to the Birthday Club, visit: seattleaa.org/online-contributions/

Thanks to Our Awesome Daytime Office Volunteers

MONDAY	Bill S., Gary H., and Susan D.
TUESDAY	Mikey C., Morgan S., and Jenza
WEDNESDAY	Stephan M., Cindy H., Karin O., Pam H., Amy F. & Honey
THURSDAY	Glitter and Joe B.
FRIDAY	Thomas H. and Peter J.
SATURDAY	Dan G. and Clay S.

Southend Bookstore Volunteers

Manager: Jim H.
Rick L., Richard C., John G., Anna B., Bill S., and Matt W.

Southend Bookstore hours are Monday through Friday from 10 a.m. to 6 p.m. and Saturdays from 10 a.m. to 2 p.m.

Greater Seattle Intergroup Office Hours

The Greater Seattle Intergroup office is open
Monday, 10 a.m. – 2 p.m., Tuesday – Friday, 10 a.m. to 6 p.m.
and Saturday, 10 a.m. – 2 p.m.
We're located at 5507 6th Ave. S in the Georgetown neighborhood of Seattle

SPECIAL EVENTS

PLEASE COME JOIN US AT GSIG ON SUNDAY, NOVEMBER 16TH for food, fellowship, football & fun! Our pre-game party starts at 11 am so please come cheer on our Hawks over our fierce division rival, the LA Rams.

We will be supplying hamburgers & hotdogs with all the fixings so please wear your football gear, bring your appetites and a favorite side dish to share.

Be sure to get in on our football square pool and 50/50 raffle as well so you can join the Seahawks in the winning!

Looking forward to seeing you all there so please spread the word and bring a friend! ;o).△



HOW DRY I AM: BIRTHDAY CLUB

Honey	New Purpose Group	11-1-1076	50 years
Elise Von K.		10-14-1979	46 years
Susan F.	Wings	9-29-1986	39 years
Julie P.	Woodland Online Group	10-29-1992	33 years
Pat S.	Reservoir Group	11-18-1995	30 years
Kathleen B.	Spiritual Line	10-1-2010	15 years
Mike C.	MLTW	10-9-2016	9 years
Zoya K.	Water's Edge	11/18/2024	1 year

*The **How Dry I Am** Birthday Club* has been a cherished tradition in our newsletter for decades, but...
we don't have any submissions for December yet!
Help us keep this beautiful tradition alive!

Join the Club!

seattleaa.org/online-contributions/

Happy Birthday to November Celebrants in the...

How Dry I Am Club!

Step 11: ***"Sought through prayer or meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."***

My Experience With Step 11

By Stephen M.



WHAT HAS BEEN MY EXPERIENCE WITH STEP 11? The first time I remember reading the steps was on the wall at an Alano club where I was welcomed to an 8 pm meeting, even though I had been drinking all day. Never would I have believed the drink I had just finished in the parking lot would be my last one - at least up untill now, over 39 years later.

In my confused and impaired mind, not paying attention to whomever was saying what, I looked at that list of 12 steps and congratulated myself that I had pretty much aced them all and wondered what else AA had to offer me. Obviously because of my Jesuit Catholic education, the steps presented no challenge at all. Later I discovered AA had a definition for my type of thinking, it was called "untreated alcoholism."

In 1989, more than three years & 1,000 meetings later, still without a sponsor, I was approached by a man who had a real answer. What happened to me is described in our big book on page 18, and word for word, it was my exact experience. "that the man who is making the approach has had the same difficulty, that he obviously knows what he is talking about, that his whole deportment shouts at the new prospect that he is a man with the real answer..." Finally I was able to differentiate that reading the steps was not the same as applying the steps.

I've shared this brief introduction to explain my experience with the Power of Alcoholics Anonymous, my spiritual awakening as the result of the 12 steps, particularly step 11.

At step 10, my sponsor pointed out the sentence, "We have entered the world of the Spirit." He suggested it is in that world step 11 is practiced and lived. We had many discussions over many years about the difference of practicing step 11 through the ego mind or my higher power guided mind.

What does AA mean, "Sought through prayer and meditation?" I found AA teaches that recovery isn't just about removing alcohol, it's about building a new way of life grounded in guidance from a Higher Power. Am I improving my conscious contact with God? Do I actually have conscious contact to improve upon? What is my prayer life? The suggestion in step 11 is to pray "only" for knowledge of His will and the power to carry that out. I can't begin to share the amount of time spent praying for how I thought certain situations should be resolved, and then meditating on the results I was praying for. To pray and meditate "only" for His will, changed everything in my life - and still does.

I've heard so many stories about prayer and meditation in step 11. A frequent comment is how to quiet the ego mind, so real prayer is even possible. Like so many others, I have benefitted from the directions found in our book on pages 86 & 87. Actually following them can easily prove existence in "the world of the spirit" and, as promised, I can also experience the guarantee that "it works-it really does."△

What is concept 11?

"I am just getting started in my journey into the 12 traditions and 12 concepts."

By William B. & Peter J.

TO BE COMPLETELY HONEST, I am just getting started in my journey into the 12 traditions and 12 concepts. From what I understand it is crucial to General Service Board and the committees that are operating out of General Service Office to fill these roles with people who are qualified, have experience, and overall wisdom in what is happening inside and outside of A.A.



Concept 11 is different from Tradition 11 in the sense that in tradition 11 we are singularly trying to follow anonymity and carry out the principles and traditions in all our affairs. I know a lot of people in AA who try to live this way, but with concept 11 it's more of a collective responsibility. The people we trust with these positions must have our best interests in mind, rather than self-promotion. I believe that the steps teach us how to live spiritually, the traditions teach groups how to live spiritually, and the concepts teach areas how to live spiritually, and how to function in a way that best serves the fellowship.

I haven't yet seen the 11th concept in action. Who knows, maybe I will have a different story soon now that I have thought about it.

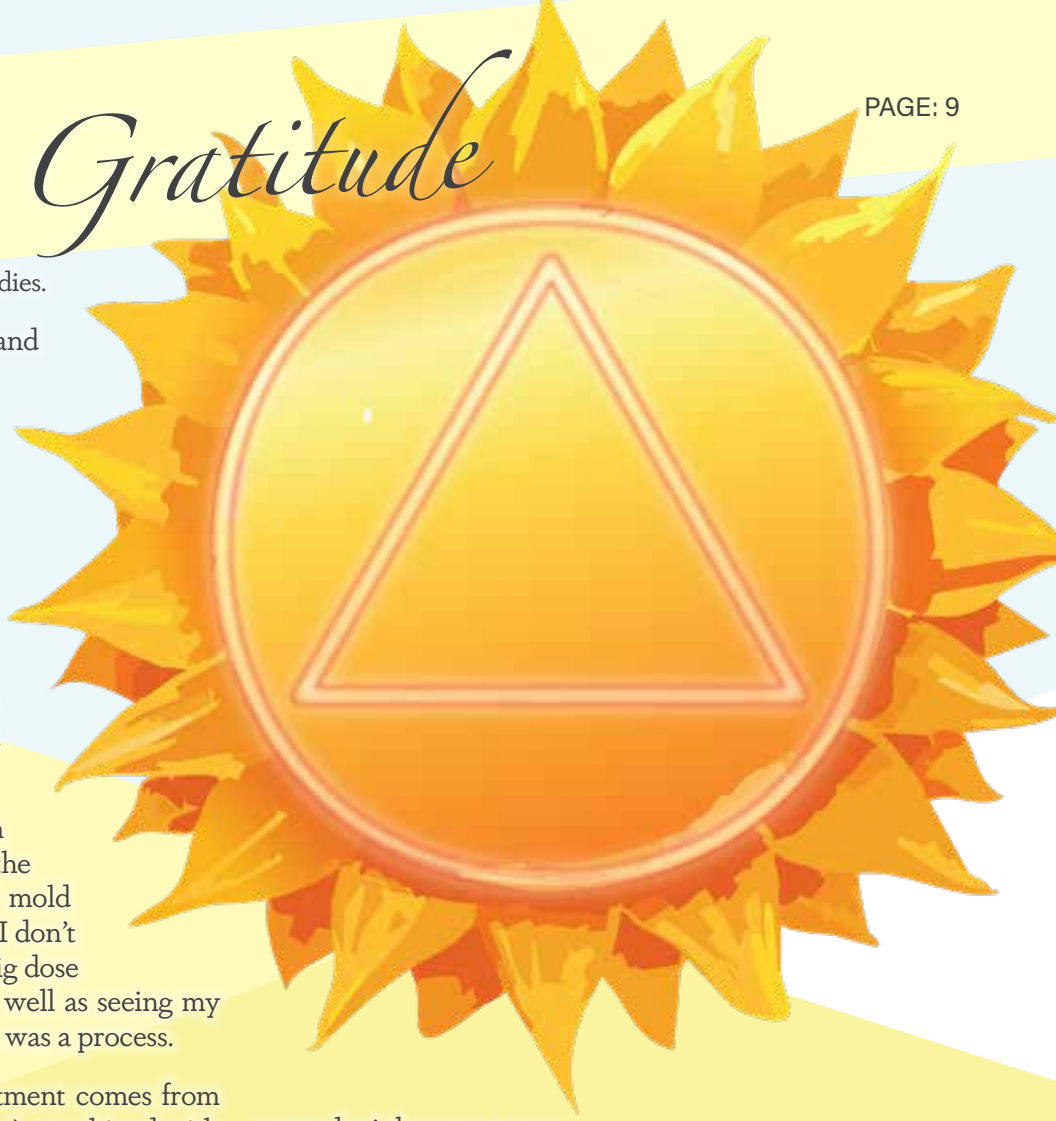
In talking with my service sponsor, I learned that the concepts all work hand in hand from the first concept. Just as it is with the 12 steps.

I believe the reason we should have concepts is simply so we as a whole continue to have something to strive for that keeps our primary purpose and keeps us in unity. We will always have more to grow and that is what makes the steps, traditions, and concepts so beautiful.△

Concept 11: ***"The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern."***

Getting to Gratitude

By Ruth P., Lucky Ladies.



IT'S THANKSGIVING MONTH, and we all hear the word "gratitude" more often than usual.

Gratitude's good, right? Why is it so hard to do sometime?

The recovery process is often compared to peeling an onion. I'd say that was true for me as I worked to get to gratitude. I had to peel off anger and resentments, then get into the forgiveness layer before I got to the nice, firm, onion-ie layer of gratitude.

Anger and resentments were a tough layer, they were the ones right under the onion skin, a little soft with spots of mold (OK, I'll stop with the onion analogy as I don't want you to start crying). That took a big dose of accepting what I couldn't change as well as seeing my part in the things that were troubling. It was a process.

I recently learned that the word resentment comes from the Latin word meaning "to-feel" (sentire), combined with the prefix re- ("again"), resentment is "to feel again." So when we hang onto that stuff, we're just feeling it again, over and over. Who needs that? It's like a really downer version of "Groundhog Day."

Forgiveness was maybe the most surprising layer. For so long, I thought of my forgiveness as something I bestowed upon others, like I was the Pope, absolving someone of their sins. It felt like a heavy responsibility.

Then I came to the realization that forgiveness is not something you do "for" someone else, it's what you do for yourself. To decide not to stay in that toxic place of anger or resentment. That doesn't mean that I would now condone whatever the behavior was on the part of the other person. Instead, I decided to let it go. To accept that it happened. To put it aside.

In my experience, this forgiveness process has applied most to family members. No one can get under your skin quite like family, am I right? Can I get an amen?

My mother was estranged from her sister for the last half of her life. It started with her sister doing something really selfish and nasty, and my mom never got over it. But I saw the sadness that accompanied that rift, and was determined not to let it happen to me.

One of the people I needed to forgive was my own sister. She had done some pretty terrible things to me when I was a child, and really no one would blame me if I never spoke to her again. After carefully examining my anger and resentment, taking responsibility for my role in it, and letting it go, I forgave her. I love my sister.

That's not quite the happy ending, yet. A few years ago, she started in again, taking advantage of me when I was emotionally vulnerable. It was another moment when I almost walked away.

Instead, I suggested sisters therapy (yes, it's a thing), and she agreed. We had three sessions with a therapist to get it all on the table, even the old stuff. It worked. We are closer, probably closer than ever before. But it took patience and humility to get there.

I found that my ability to be grateful was significantly enhanced by taking my own inventory, seeing my role in my resentments, accepting the things I couldn't change and changing the things I could. Sound familiar? Using the strategies of our program in all of our affairs really does work. Happy Thanksgiving, everyone!. △

P is for Practice!

By Jeff O., The Hot Stove

ADMITTEDLY STEP 11 IS NOT MY FAVORITE. I've heard many longtimers in A.A. say *"Prayer is talking to God and Meditation is listening"*. So with this in mind I try to make my prayer and meditation life sometimes as simple as I possibly can when I am practicing it, which comes and goes.

When I was sobering up I thought in order to practice Step 11 I needed to sit in the lotus position and say 14 ummmsss... and 14 hail mary's in order to get results. Today I don't believe this. Prayer and Meditation can be unique to all of us that practice the 12 Steps in our daily lives. There is no wrong way to pray or meditate. But it is just like riding a bike, or sponsoring, or cooking, or exercising. The more I do it the better I get at it and the better results I can get which can mean greater humility, serenity, and a better relationship with God and my fellows.

Prayer in Step 11 has been easier for me than I thought it would be. My favorite prayer ever is the 'whatever prayer'. Some days I wake up and simply say 'God, whatever today'. I got this from an Earl H talk he did that I listened to early on in my sobriety and so I turned it into a simple prayer. The cool part is that I can say this at any point during my daily walk. As my days of sobriety have piled up my prayer life has been expanded to include a few set prayers, like the 3rd Step or 7th Step prayers, but always with the caveat of 'Thy will be done'. While I do not do this every day I do most and I feel better when I do. So I will continue to try and practice these prayers.

Meditation is one of those things that I have a harder time with, but also, when I am practicing it, I get results I like. Like most of us in recovery I have a busy brain. It likes to go 500 mph and will not slow down. I will go down all kinds of rabbit holes when I try to sit quietly. Groceries. House cleaning. The guy in the meeting. Sponsees. You name it and my brain has probably thought it when I have tried to meditate. My home group has a retreat every year and as part of the meetings we do every day we meditate for 10 - 15 min. When the meditation is over we share what was read and what we felt during our meditation. As we go around the circle, most of the men will in one form or another say they could not get into the meditation because of a bird, or spider, or someone coughed... and it started their brain going in a different direction, which I identify with. But this also, for me, is about practice. The practice of doing meditation whenever I am in a meeting or before a meeting starts. Or when I am feeling uneasy I can stop and meditate for 30 seconds or a minute and change the direction of my day.

While I am trying to practice all aspects of the Steps and particularly Step 11 in my daily life I can get caught up in the 'You're not doing it right' mindset. I have to tell that committee member in my head to sit down and be quiet. Then without interruption I can continue to practice Step 11 to the best of my ability.

P is for Practice and Step 11 is the perfect Step to practice doing every day! △

Gratitude

By Pam H.

For my first several years in AA, whenever I heard someone say "I'm a grateful recovering alcoholic," I would say to myself, "bull*≠%$". Why would anyone be grateful to be an alcoholic? What I didn't understand until I'd been around for a few years was they were saying how grateful they were to be sober. My old friend Ray, who got sober at 59, said those were bonus years and he was grateful for every day of his sobriety until he passed away sober in his late 90's.

I was sober for 20 years when two of my brothers followed me into Alcoholics Anonymous and I have nothing but gratitude for the years we've had together in sobriety. My brother Dan passed away last year with 18 years of sobriety in AA. During his last month of life, he resigned as secretary of his home group, the Dutch Cup in Sultan, and when he asked for a topic at his last meeting, one of the guys said "Dan." All the shares at that meeting at the Sultan Eagles were an expression of gratitude to my brother Dan; for example "if Asshole Dan can get and stay sober, there's a chance for me." Other folks said Dan would call them and encourage them to hang in there. At the end of the meeting Dan said, "I feel like I got to go to my own memorial." During his last days he told us not to cry, he said he had 18 bonus years. What an attitude of gratitude!

A few months later my partner Jerry was diagnosed with lymphoma and he passed away after five months of treatment at Fred Hutch. During the whole time he and I were supported by our brothers and sisters in AA. The overflow crowd at his celebration of life was amazing. Friends and relatives outside of AA couldn't believe how loved Jerry and I were and are. We stand on the shoulders of those who came before us, living and dead. I am still thankful for Joe Monda, John Gillis, Jerry Steinman, Trish Durant, Harriet Thompson, Bjorn Bergrud, Jerry Dyer and many others who showed me a sermon, rather than preached one. All of them taught me to be grateful. They have gone on to the Big Meeting in the Sky, but they still inspire me be grateful, to love God and to serve others. △

IN MEMORIAM

Guy W.
Harriet T.

Pam P. SOS/Holly Court
Jim P.

"The torch of Service did pass from the hands of us who are older to yours, which are younger; it passed to every oncoming generation of those children of the night whose darkness, God willing, shall be banished within the Society of Alcoholics Anonymous all through the bright years which destiny surely holds in store for us."

-AA Co-Founder, Bill W., June 1951, "To Serve Is to Live", The Language of the Heart

CORRECTIONS CORNER

Karen K, chair

Pink Can Thank Yous

The Pink Can Fund is used to purchase literature for persons in custody. Groups "adopt" a pink can and accept donations which are given to Intergroup to deposit in the Pink Can Fund account. We offer a huge thank you to Duck Island, Auburn Alkies, Daily Reprieve, Thursday Night Women in Recovery, Empire Way, Dawn Patrol and Alki Tuesday Night groups and anonymous individuals for contributing $610.59 in September. We spent $939.50 to purchase 9 boxes of past Grapevines to use at SCORE, Lynnwood City Jail and various facilities, and 40 soft cover Big Books for King County Jail. We have a balance of $4025.27 to spend on more AA approved literature for correctional facilities.

Corrections Stories by Seattle AA members

The next couple issues will feature stories by people who experienced jails and prisons in various ways and what being a member of AA means to them. Cynthia S, originally wrote this story ***I Just Said Yes*** for the Grapevine (March 2023) and she continues taking meetings into SCORE. We are reprinting it here with Grapevine's permission.

How to Learn More

If you're interested in learning more about corrections service, there are several ways to do it:

- Attend our monthly meetings the 2nd Monday of each month (next is November 10th) at 6:30pm. This is a hybrid meeting at Seattle Intergroup, 5507 6th Ave S. and Zoom ID: 872 2771 9137 Passcode: 833575.
- Visit our webpages https://www.seattleaa.org/corrections and complete the volunteer survey form (scroll down to the volunteer section).

Email volunteercorrections@seattleaa.org with questions!. △

I Just Said YES!

By Cynthia S.

"Many times, I have gone to my old hospital in despair. On talking to a man there, I would be amazingly lifted up and set on my feet. It is a design for living that works in rough going."—"Bill's Story," Alcoholics Anonymous.

This passage describes my experience every time I leave an AA meeting at a correctional facility. I feel "amazingly lifted up and set on my feet." I have been carrying the message to incarcerated people for more than 18 years now. When I first got sober, I remember Sy T., now deceased, would announce upcoming corrections service opportunities at our meetings. Sometimes he'd pass me a note about signing up to go to a prison meeting. Sy often talked about how such meetings added to the quality of his sobriety. He felt this type of service was insurance against a slip. A few years later I was sitting in a meeting, and I was whining about stuff going on in my head and someone announced that volunteers were needed to carry the message into a juvenile detention center. I raised my hand and said yes. I did as my sponsor told me to do. I just said yes. I hit bottom during my kids' teenage years. I held on to some guilt about that even after making amends to them. Going into juvenile detention centers has been a way of giving back and showing up for teenagers. My purpose there is simply to plant a seed of hope. What I get back is so much more—healing and forgiveness. I did not expect this. God did for me what I could not do for myself. Each time we go to the county jail and clear the metal detector, the guard hands us a key to the room where the AA literature is kept. My heart is filled with gratitude when the guard hands me the key because I remember going to jail in handcuffs. Now the guard is handing me a key! No matter where the meeting is—jail, juvenile detention, work release or prison—the women are so grateful for our visit. When the meeting starts and we share our experience, strength and hope, the language of the heart seems to take over the meeting. The honest sharing

and gratitude of the women (some in prison for years) is a beautiful thing to experience.

I'm so grateful that I've said yes to carry our message to correction facilities. When life on life's terms gets hard, a regular commitment to these corrections meetings (going into the trenches) has not only helped me stay sober, but grateful. I really look forward to returning to in-person prison meetings when this COVID-19 finally ends!

The AA Grapevine online store has a variety of books, ebooks and other publications full of inspiring stories of fellow AAs on their journey to recovery.

Source URL: https://www.aagrapevine.org/magazine/2023/mar/i-just-said-yes △

Letter From The Editor

November 2025

Dear Seattle AA Fellowship,

I'm coming up on two years sober this January (the best decision I ever made after drinking). Serving as your Newsletter Editor has been an unexpected gift in my recovery journey

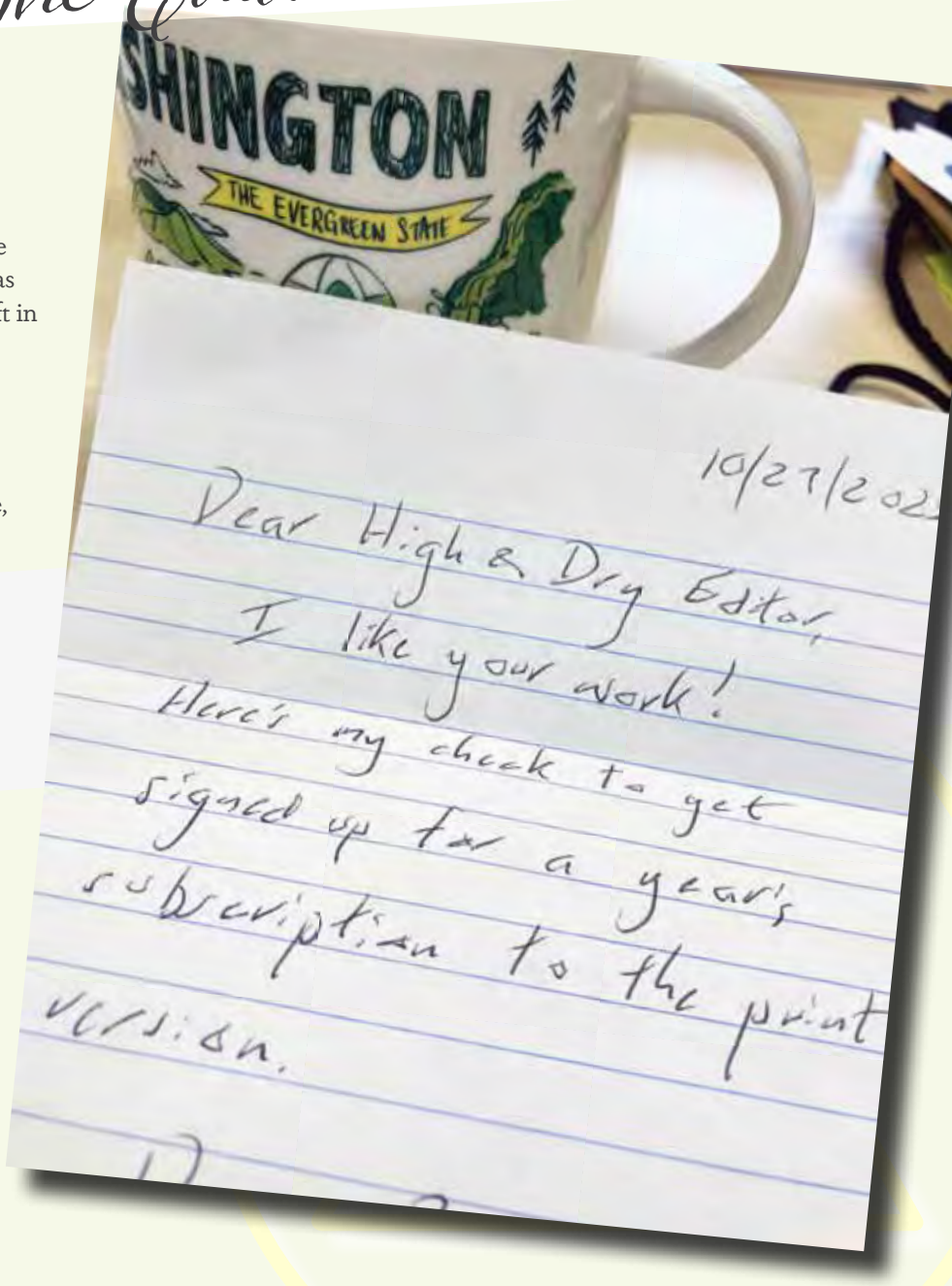
What surprises me most about this role is the appreciation I've received from members of the fellowship. This work gives me so much to be grateful for, time with genuinely supportive people, a chance to read your personal stories, a sense of accomplishment, opportunities to learn graphic design and publishing technology, and (of course) free coffee.

My favorite part has been seeing all the great artwork and reading the stories of hope, courage, and strength from our fellowship. Being part of this group has brought so much joy.

This month, I'm looking forward to experiencing the Gratitude Banquets Lara has been telling me about. Thank you for participating in my recovery.

In grateful service,

Peter J.
Newsletter Editor
newsletter@seattleaa.org. △



CONDENSED GSIG BOARD MEETING MINUTES

Greater Seattle Intergroup - October 21, 2025

Chair - Jeff U

Jeff was unable to attend the recent Area Assembly.

Office Committee Update: The GSIG building has been sold. The current lease expires May 31, 2027 (about 1.5 years from now). Ed H presented several options to the Office Committee. The new property owners plan to redevelop the area with affordable housing and convert the GSIG site into a public park.

Options being considered: extending the lease beyond its current end date, working with the new owners to secure space within their future development, or finding an entirely new location.

Jeff plans to form a new Ad-Hoc Committee to develop a long-term relocation strategy. This committee needs a chairperson with experience in facilities and space planning.

The current Office Committee is nearing the end of its two-year term. Two positions will become available. Steve M will continue for another term. Matt, the current chair, will be stepping down. His position will be open for election at the upcoming Fall Assembly.

The Office Committee includes six voting members: the four appointed members, the Board Chair, and the Treasurer. The committee meets monthly on the Tuesday before the Board meeting. For a full description of the Office Committee's responsibilities, see the GSIG Bylaws.

Vice Chair - Eddy M-M

Eddy attended the recent Area Assembly.

Area Updates: A bid was approved to host the 2030 Area Assembly at Little Creek Casino in Shelton. The Area Newsletter Committee will no longer produce a printed newsletter. A Newsletter Steering Committee was approved (contact newsletter@area72aa.org). The bus sign project was approved to run for approximately five months, from November 2026 through March 7, 2027.

Floor Motions: A motion to fund ASL interpretation for the 2026 Pacific Northwest Conference (PNC), scheduled for June 26-28 in Vancouver, WA, was passed. A motion regarding geofencing on the Area website was tabled for a future quarterly meeting.

PNC Planning: Eddy is serving as Chair of the 2026 PNC. Karla designed a logo for the event. Eddy has already distributed buttons with the logo to other Areas. For more information, visit www.pnc1948.org.

Chair Emeritus - Karla L

Karla attended the October board meeting but didn't have anything to report.

Treasurer - Pete K

Pete wanted us to remember that we need money to pay for any services the groups approve, know that GSIG bought a laptop for the Southend Bookstore, and send him expense reports if holding receipts for 2025.

See Pete's report at the end of these minutes.

Motion to approve: Laura C, D41

Seconded: David, D17

Unanimously approved

Contribute to Greater Seattle Intergroup at https://area72aa.org/contribute/, email treasurer@seattleaa.org, or call (206) 587-2838.

Recording Secretary - Carina W

Hear me, clan of the Intergroup. When the September scroll was complete, I sent it to the wise ones Lara R and Peter J. Then I hammered it to the great board wall of seattleaa.org for all tribes to behold.

Now I sit by the fire, carving the October scroll. I wonder how your spirits fare. May these words bring strength to your gatherings and fuel your talks. When this scroll is finished, I will send it to the same chieftains and post it to the same sacred place. This is the way. Month after month.

May these minutes be like strong stew. May they nourish your minds and help your councils speak of the 2026 war chest, the price of sacred texts, and many other matters that shape our future.

If you send word to me and say, "Carina, your October scroll is written in Orcish," then a gift shall be yours at the next great meeting. A token of thanks from your loyal scribe.

In service and strength,

Carina of the Minutes

secretary@seattleaa.org

206.683.1106

Office Manager - Lara R

Financial: Our Policy and Procedure Manual does not indicate the rate at which we will reimburse Committee Chairs for mileage to Quarterlies. The Office Committee voted to use the IRS business rate at .70/mile rather than the non-profit rate at .14/mile.

We were broken into again; they stole the donated TV. Another TV was donated, the door was reinforced, new camera batteries were purchased, total loss about $60.00. Thank you to Steve R for fixing the door. We purchased a new computer for the Southend Bookstore. Thank you to Peter J for helping with set-up.

Our lease is up on May 31, 2027. We will most likely have the opportunity to extend our lease until the end of 2028 because that is the longest lease of the other tenants. This building has been sold and will be turned into a City of Seattle Park.

We are forming a Committee now to search for options. We would love to collaborate with other entities or do research about where the best place for the next incarnation of Seattle Intergroup might be. If you are interested, contact Jeff U at chair@seattleaa.org.

24-Hour Helpline Log

Phone Calls: 165

Chat Contacts: 80

12-Step Calls: 2

Total: 247

The 1st edition facsimile Big Book is selling like crazy for $2.00/each. AAWS reportedly sold 40,000 since they last

reported in June. We ordered boxes of Grapevine Cards ($36.00/box).

From GSO: "Markings on the Journey" is being released in a newly expanded edition with rare full-color home-movie footage of Bill W., Dr. Bob, and their wives from the early 1940s. Available in DVD ($12.00 at GSIG), thumb drive, and digital download at aa.org.

Grapevine Wall Calendars will arrive within the next month ($10.50/each). Memorial editions of Dr. Bob and Bill W. as a gift set ($7.50/each). Man on the Bed print ($4.50/each).

Question: Why is there no GV&Lit chair and committee, and should we create this position? You can take that back to your group and bring the discussion forward.

Assistant Office Manager - Anita S

I have almost completed the quilt/wall hanging. I got sidelined by an arthritic flare-up requiring me to stay off my ankle.

I was finally able to attend the 85 Years of AA in WA State planning committee. I appreciate being allowed to attend the ICOAA in Memphis, Tennessee.

Key takeaways from ICOAA: Attended Communications with AAWS workshop. The Finance workshop revealed that several intergroup/central offices have their Budget approved by the Office/Steering Committee. AAWS Treasurer John W stated several times: Any service that provides a service to an alcoholic is AA. He believes Intergroup/Central Offices are the firing line of AA. Intergroups/Central Offices are not part of the General Service Structure, but are a part of AA.

The 5th Edition Trustees Literature Committee is still finalizing stories. ETA: Christmas 2026.

Individual contributions up to $7,500 and bequests up to $12,500 are accepted. Intergroup/Central Office can accept any amount.

Suggestions from other offices: install a "translate to Espanol" button, use Userway.org for digital accessibility (blind, dictionary, bigger text, contrast, language, deaf). Check deafaa.org for ASL interpreted Big Book, Twelve and Twelve, ASL interpreted meetings and deaf recovery stories. January 17, 2026 is a Special Forum for Deaf AA members.

110 registered attendees at ICOAA, next year's seminar is in San Antonio. Registration $175.00, room rate $185.00.

The GV app is #65 behind Bon Appetite. GV podcast has posted 209 episodes with 1.2 million downloads. GV YouTube channel has 16,000 subscribers and posted 391 videos.

Question: Is there a reason we don't try to get Central Service Offices & Intergroups part of AA?

Intergroups/CSOs are already part of AA and work alongside the General Service Structure. See page 24 of the "AA Service Manual".

Accessibility - Kathy A

Kathy wasn't able to attend this month's board meeting or send a written report.

Archives - Teresa S

Continuing to recover from knee replacement surgery. I attended an 85th anniversary zoom meeting and will continue to participate. I plan to attend the online Archives Workshop on October 25 to work on maintaining archival materials.

Corrections - Karen K

Pink Can Thank yous: Huge thank you to Duck Island, Auburn Alkies, Daily Reprieve, Thursday Night Women in Recovery, Empire Way, Dawn Patrol, Alki Tuesday Night groups and anonymous individuals for contributing $610.59 in September. We spent $939.50 to purchase 9 boxes of past Grapevines and 40 soft cover Big Books for facilities. Balance: $4,025.27.

New News: Ruth S, committee vice chair, is working with Helen B Ratcliff and Federal Coed Work Release Centers to restart in-person meetings (over 5 years since we brought them in person). Contact altcorrections@seattleaa.org if interested (men and women for Federal, women for HBR).

Regional Justice Center: Looking for a woman with experience taking meetings into correctional facilities to work with Craig M to start womens meetings. Contact Craig at 206-841-8662.

Pre-Release Coordinator: After two years of great service, Dan P is ready to step down. He will stay on until we find a replacement.

Other Facilities: Looking for people to participate in meetings at SCORE, Federal Detention Center, Kent City Jail, Juvenile Detention Center, Reynolds Work Release.

Other Activities: Pre-Release had 4 contacts in the last month (up from 0), one is being released in Nov 2026. Corrections and PI/CPC collaborated to table at the Washington State Drug Court Professionals Conference in October. Partnered with Puget Sound Central Services Corrections Committee. Looking at tabling for the full two days next year.

Learn more at https://seattleaa.org/corrections or monthly meeting, 2nd Monday at 6:30pm at Intergroup (5507 6th Ave S, 98108) or zoom ID 87227719137, PW 833575. Email corrections@seattleaa.org.

Hospitals & Treatment - Mikey C

Eleven bridges went out to various districts. Martin de Porres men's shelter panel starting October 29th was cancelled due to "Bed bugs". U of W Northwest hospital will finally start November 5, 2025 (1 hour meeting, Wednesdays at 4:45 PM). Working with Carol D39 treatment and Suzie, Area 72 treatment chair.

Got an email from Virginia Mason regarding "who do we call" for an alcoholic. There is a dedicated email for Virginia Mason (updating phone list). Enlisting help of 12-step committee, John DD, and Karrie.

Bob F and I met with the social worker Monday. She was excited to learn what we do and don't do with patients. If interested, contact Karrie.

Attended the quarterly meeting at the repository in Tacoma with Bob F. Discussed importance of constant updating of call list and members willing to serve. Special guest from Lakeside/Milam Kirkland talked about importance of AA. Bridging the gap was discussed.

Committee meets every 1st Saturday, 10am at Intergroup. More info at hospitalandtreatment@seattleaa.org or 206-302-9492.

Newsletter Editor - Peter J

Working on the High & Dry continues to be an honor. We're now working on the November issue (Step 11, Tradition 11, Concept 11, Principle 11 - Spiritual Awareness). By the time this is published, we'll be seeking December submissions (Step 12, Tradition 12, Concept 12, Principle 12).

What makes the newsletter great are YOUR submissions! We welcome art, photography, poetry, prose, personal stories, meeting spotlights, doodles, event flyers, and feedback.

Submission deadline: 25th of each month

Submit to: newsletter@seattleaa.org

Committee meetings scheduled on the Wednesday before the 25th of the month.

Serving as newsletter editor has had a profound impact on my spiritual wellbeing. Thank you for allowing me to participate in your recovery through this service position.

Nightwatch Chair - Rob S

If interested in answering the AA Hotline afterhours, the Nightwatch program is a great service opportunity. We have shifts that need to be filled. It's a 4-hour shift, once per month.

Contact Rob S at nightwatch@seattleaa.org or text 206-601-0061.

Office Committee - Matt T

Matt was unable to attend. See the Office Committee report from Jeff U above.

Public Information/Cooperation with the Professional Community Chair - David B

General Summary: We are under budget and will not ask for additional budget next year. The sign and tablecloth are being used heavily, so we are ordering second copies.

Recent events: Oct 11-13 hosted four AA meetings at the NAADAC Conference for addiction professionals in Bellevue with Area 72 CPC. Patti W (D34) and David B staffed the AA booth. Oct 15 Washington State Association of Drug Court Professionals jointly with Corrections Committee staffed a table. Oct 21 panel presentation at UW Addiction Medicine class in the Nursing School.

Member activities: D31 (Nate) hosted an event for therapists (will be rescheduled). D18 hosted a table at the Kent Resource Fair.

Strengths: Engaged PI/CPC leads working on outreach to schools and healthcare professionals. Well prepared to participate in events with literature, tablecloth, racks.

Challenges: Some districts have very low engagement with PI/CPC. Several have no representation. Engagement with schools is scattershot and inconsistent.

Special Events Coordinator - West C

We kicked off our inaugural meeting of the Special Event All-Stars on Tuesday, October 7th, with 4 Teammates showing up!

We will meet on the first Tuesday of each month at GSIG @ 7pm to start working on events in sequential order.

Our next planning meeting will be Tues, November 4th @ 7pm right here at GSIG.

Contact: West C, 425-736-4130, specialevents@seattleaa.org

Third Legacy Chair - Lee R

Lee wasn't able to attend this month's board meeting or send a written report.

Twelfth Step Chair - Karrie C

Karrie wasn't able to attend this month's board meeting or send a written report.

Web & Tech Chair - Peter J

Oct 2025 Web & Tech Meeting Report

Attendees: Dash M, Jeff U, Lara R, Peter J, William B

Security Incident: Approximately 2,000 malware files were uploaded to our website between 2:45 AM and 4:45 AM on Saturday, October 18, 2025 via the High and Dry Submission Form. Lee suggested implementing a captcha. Peter suggested a separate google form for file uploads.

Equipment Updates: TV replacement completed following burglary. Laptop deployment for Southend bookstore proceeding smoothly.

Newsletter upload form changes: Team decided to transition to using a Google Form for newsletter file uploads to improve security and accessibility. Google Form will be linked while maintaining existing text-based Ninja form.

Upcoming: Area 72 Tech & Web Committee quarterly on Saturday, October 25 via Zoom. Room opens 9:30am for fellowship, business starts 10am, wrap up by noon. Zoom Meeting ID: 540 797 4045, Link: https://area72aa-org.zoom.us/j/5407974045

Webmaster - Dash M

What an eventful weekend! Over 2,000 spammy PDFs were uploaded to our web server through the High and Dry submission form. Thanks to Peter for jumping on this quick and disabling the problem form.

I moved in and made adjustments to disable file submissions through the website. Now all file submissions for High and Dry will be handled by a separate Google Form. We still accept text-based submissions through the website. We have also increased security of all forms across the entire website.

Other than that, the site has continued to be used and it's very healthy.

District Reports

You can find business meeting details for all Districts at https://www.seattleaa.org/district-map/.

D14 - Ruth P (West Seattle, White Center, Vashon Island)

We meet the second Tuesday of the month at 7pm. We met last week and had guest speaker Sooz B, Area 72 Cooperation with the Professional Community Chair and Newsletter Committee.

Events: White Center group Halloween Party Saturday, October 25 at Fauntleroy Church. Holiday party Tuesday, December 9 at Fauntleroy Church in West Seattle.

D15 - Blake P (Downtown Seattle, West Capitol Hill)

5 GSRs & 5 trusted servants at meeting. GSRs shared their experience getting information from assembly to home groups. Co-hosting the Gratitude Banquet with districts 40 & 41 on November 21st. Group Recruiting Project moving forward. Still looking to fill Alt DCM position.

D16 - Ricky T (Northeast Seattle and University District)

At our meeting, we had representatives from 6 groups (4 GSRs). Two groups have shifts answering Intergroup phone calls. Burke Ave Mens continues Salvation Army meetings every other Monday. On Awakening: Childcare is up and running, few patrons so far (Sundays 8a-9a at Ryther 2400 NE 95th St). Groups reported ebb and flow of attendees but regular. Reviewing District Handbook last updated in 2016.

Still contacting meetings/groups regarding GSRs. Several meetings/groups decided they don't want GSRs, but we try to find a group contact. Goal is to establish contact person with email to send minutes and area news/updates.

D17 - David S (Ballard and Northwest Seattle)

David was off by a week and ended up bringing pizza to District 15. He's been attending meetings with no business presence and talking about benefits of moving from meetings to groups.

Gratitude Banquet, Saturday, November 8th at St Alphonsus Family Center & Gymnasium, 5816 15th Ave NW, Seattle. $10 a person, turkey dinner, vegan options, drinks. This is a profitable fundraising event; after expenses, all leftover money is contributed back to AA.

D18 - William B (Renton, Kent, Tukwila)

We meet every third Thursday at 7pm at Renton United Methodist Church: 2201 NE 4th St, Renton.

District 18 represented very well at the assembly! Noah, District 18 Young People's Chair, is looking to start young people's meetings in Kent and Tukwila. Karen K presented on corrections, which was very informative.

D24 - Bobby T (Southwest Snohomish County: Everett, Lynnwood, Montlake Terrace)

Business meeting first Wednesday of each month 7-8:30 PM at St. Hildes in Edmonds. Last meeting September 9th with 31 attendees in person and a few more online.

Just finished hosting this year's Area 72 Annual Assembly on October 3-5. Gratitude dinner 03/28/26 at St. Pius 5-8 PM. Picnic 07/18/26 all-day at Edmonds City Park. Need an Alt Zoom Operator; otherwise all Service Positions are filled.

D31 - Thomas H (Burien, Des Moines, Normandy Park, SeaTac, Tukwila)

We meet monthly every second Wednesday via Zoom and quarterly in person. D-31 hosted Area Archives workshop and Sponsorship Workshop on Saturday, September 20th at Grace Lutheran Church with baked potato bar.

Great time at Lynnwood Convention Center for A72 Assembly where all 3 motions passed. Andy S is our new D-31 Archives Chair. Electing new D-31 Treasurer and Treatment Chair in November. Discuss GSIG 2026 budget & Literature price increase with your home groups.

Holiday Potluck/Ugly Sweater Contest December 10th at Grace Lutheran Church with guest speaker Keith M. Area Quarterly April 2026 hosted by D-31 & D-14. Discuss 85th Birthday of AA in Washington on 4/18/2026.

D32 - Samantha M (Algona, Auburn, Federal Way, Pacific)

District 32 Meeting Monday, October 6th, 2025, 7-8:30pm at Brooklake Church, 629 S 356th Street, Federal Way. Total of 17 voting members and 1 guest.

New Business: Create open positions and alt positions flyer for District 32 Meetings.

Open Positions: Accessibility, Bridging the Gap, Corrections, Grapevine/Literature, Public Information (PI), School Panels, Third Legacy.

D33 - Aaron C (Maple Valley, Covington, Black Diamond, Hobart, Summit, East Kent)

Gratitude Banquet planning and preparations going well. Committee reports being well-staffed and ready to host. Additional donations welcome.

Grapevine Literature Workshop on Thursday, December 12th. No district service meeting in November due to holiday. Next meeting second Tuesday in December.

Everything else running smoothly - status quo across district.

D40 - Daysha G (East-Central Seattle: East Capitol Hill, Central District, Madrona, Madison Park, Leschi)

Meeting on Zoom first Tuesday every month at 7pm. Last meeting 10/7/25. Every quarter we have hybrid meeting. Next meeting November 4th will be hybrid at Intergroup office and online on Zoom (ID: 636 349 2454 / no password, room opens 6:45pm). Fellowship and PIZZA at 6pm!

Need volunteer support for D15, D40, & D41 gratitude banquet on 11/21. Need set-up, greeters, food runners, other special jobs. Email altdcm40@area72aa.org.

Event info: https://www.seattleaa.org/event/annual-gratitude-banquet-hosted-by-district-15-40-and-41/

D41 - Laura C (North-Central Seattle: Queen Anne, Magnolia, part of South Lake Union)

District 41 meets 2nd Wednesday of month at 7pm on Zoom. 13 members attended in October.

Two new GSRs welcomed. GSR and Alt GSR reports. Treasury Report reviewed. Motions from Assembly reviewed and discussed. Committees shared reports.

Gratitude Banquet hosted by districts 15, 40, and 41 on November 21 at St. Joe's Parish, Seattle. Fellowship 5:30 PM, dinner 6:30 PM, speakers 7:30 PM. There will be ASL interpretation.

D42 - Sarah F (Northwest Seattle: Lake Forest Park and Shoreline)

Sara attended the October board meeting but had to log off right before giving her report.

Fellowship Hall Reports

Fremont Northgate Fellowship Hall - Adam

Two events coming up for Halloween: annual event with dance, pumpkin carving, etc. and then a Halloween meeting!

Greenwood Fellowship - Lois

Lois didn't attend the board meeting or provide a written report.

Pass It On - Jeffery F

Jeffrey didn't attend the board meeting or provide a written report.

Serenity Hall - Joel K

Nothing to report this month! Stay tuned for details on our November gratitude dinner and our end-of-year alcathons during the holidays.

Jeff U made a plug for the midnight Saturday meeting. It's a very interesting meeting with a lot of people who can always use a good AA message.

Feedback on Literature Prices

If someone wants to bring a motion to increase literature prices, it would be ideal to get this before the Fall Assembly, especially at the November board meeting.

Group & District Feedback

All groups at District 16 business meeting were in support of GSIG raising book prices to offset expenses.

District 24 is supportive of increasing literature prices.

Saturday Promises strongly feels that literature prices should be increased.

2026 Budget Discussion

If your group or district wishes to bring motions to officially change the current draft, Jeff needs those sooner than later so it can be considered before the budget discussion at the fall assembly.

Questions

How is there such an increase in comparison to 2025?

The budget is based on projected totals from the current year, along with forecasts for additional expenses, group contributions, and inflation rate. This method was adopted by the GSIG Office Committee. The main reason for the increased budget is the decision to include healthcare for paid staff, estimated at approximately $12,000 per year.

Does the current draft take the discussion to increase literature prices into consideration?

No, it is based on current literature prices, since there's been no decision to change them.

Does the budget for the Special Events committee make sense?

Ideally, the funds collected exceed the expenses for these events.



Group & District Feedback

Saturday Promises really likes the addition of health care for staffers.

85th AA in Washington State Anniversary

There's a collaborative effort with Greater Seattle Intergroup and Puget Sound Central Service Office to put on a celebration April 18th! We need help to plan, fund, and everything else that goes into putting on a big, cool party.

See https://www.seattleaa.org/home/85-years-in-wa/ for more info.

Upcoming Events - seattleaa.org/events

Seattle Group AA Meeting - GSIG - Every Saturday @ 6:00 PM

Service Manual Study - GSIG Hybrid - 1st Sunday @ 11:00 AM

BLA Planning Meeting - Online - 3rd Sunday @ 10:30 AM

Principles of the 12 Steps - GSIG Hybrid - 4th Wednesday @ 2:30 PM

Third Legacy Traditions Workshop - GSIG Hybrid - November 8 @ 9:00 AM

Chatline Volunteer Training - GSIG Hybrid - November 15 @ 12:00 PM

GSIG Fall Assembly - GSIG Hybrid - December 16 @ 6:00 PM

Reminders

Send GSIG Reports to secretary@seattleaa.org

Send Newsletter articles to high_and_dry@seattleaa.org

Five Main Takeaways

1. GSIG building sold: lease expires May 31, 2027. New Ad-Hoc Committee forming to develop relocation strategy. Contact chair@seattleaa.org if interested in serving.

2. Discuss the 2026 budget draft: in your districts and groups before Fall Assembly on December 16th. Budget includes healthcare for paid staff ($12,000/year).

3. Should GSIG increase literature/book prices?: Bring motion to November board meeting if your group/district wants this considered before Fall Assembly.

4. 85th Anniversary of AA in Washington State: celebration April 18th - need help planning and funding. See https://www.seattleaa.org/home/85-years-in-wa/

5. Volunteers needed: Corrections facilities (altcorrections@seattleaa.org), Nightwatch phone shifts (nightwatch@seattleaa.org), Special Events Committee (specialevents@seattleaa.org)

Motion to close: None noted

Motion seconded: None noted

Everyone got up and left

We adjourned with the Responsibility Statement

Full minutes available at https://www.seattleaa.org/intergroup/intergroup-board/

Greater Seattle Intergroup
Financial Summary
September 2025

Income	
Group Contributions	$12,144.04
Individual Contributions	$930.77
Sustainer Contributions	$1,657.08
Events, Room Rental & Interest	$757.15
Liturature & Coin Sales	$6,364.84
Liturature & Coin Costs	-$4,716.63
Liturature & Coin Profit	$1,648.21
Total Income	**$17,137.25**

Bank Balances	
Checking	$21,800.65
Savings	$1,461.57
Operating Funds	**$23,262.22**
Prudent Reserve	**$47,179.81**
Target Prudent Reserve	$58,239.00
Prudent Reserve Shortfall	**$11,059.19**

Expenses	
Payroll	$7,205.97
Standing Committees	$1,030.85
Office, Travel & Adminstrative	$9,351.02
Total Expenses	**$17,587.84**

September Net Income	**-$450.59**
Year-To-Date Net Income	**$498.73**

Standing Committee Funds

	Budget	Spent	Remaining
Archives	$200.00	$628.88	-$428.88
Corrections	$360.00	$55.07	$304.93
GSIG Board	$1,000.00	$409.06	$590.94
Hospital & Treatment	$1,800.00	$916.83	$883.17
PI/CPC	$1,800.00	$648.85	$1,151.15
Special Events	$6,200.00	$4,656.45	$1,543.55
Third Legacy	$50.00	$0.00	$50.00
Web and Technology	$1,500.00	$662.09	$837.91
Accessibility	$5,500.00	$1,550.04	$3,949.96

Greeater Seattle Intergroup
Draft 2026 Budget

			2026 Group Contributio	2026 Net Income		
			$167,460	$0		
Category	**2026 Budget**	**2025 Forecast**	**2025 Actual Jan-August**	**2025 Budget**	**2024 Actual**	**2023 Actual**
CPI	2.70			1.04		
INCOME						
Contribution Income						
Special Events	6500	7000	7600	6500	6992	9700
Group Contributions	167460	152000	101250	133101	95986	124700
Individual Contributions	21000	19000	12700	30103	21709	29200
Meeting Room	6200	7500	6000	4800	5092	4700
Birthday Contributions	3000	3300	2210	2200	1957	2700
Sustainers	20000	18532	13900	20000	13488	18700
Group Insurance	700	700	475	1000	470	750
Total Contribution Income	**224860**	**208032**	**144135**	**197704**	**145694**	**190450**
Retail Sales						
Literature Sales	70000	69500	46300	58000	44090	47300
Meeting Directory Sales	9000	8635	5700	11000	8088	10500
Coin Sales	18000	17500	11700	15000	10725	12700
High & Dry Sales	300	375	250	320	150	500
Shipping	1100	1050	700	1200	943	1100
Total Retail Sales	**98400**	**97060**	**64650**	**85520**	**63996**	**72100**
Cost of Goods Sold						
Literature Costs	56000	56470	37600	38680	36712	33850
Meeting Directory Costs	5850	5700	3275	5000	5584	8100
Coin Costs	9000	8850	5900	7950	5730	2900
High & Dry Costs	2300	2385	1590	1850	1981	1900
Inventory Adjustments	-1000	-1000	-2400	-300	-228	-634
Total Cost of Goods Sold	**72150**	**72405**	**45965**	**53180**	**49779**	**46116**
Retail Sales Gross Profit	**26250**	**24655**	**18685**	**32340**	**14217**	**25984**
Interest Income	**1200**	**1200**	**800**	**1200**		**19**
Total Income	**252310**	**233887**	**163620**	**231244**	**159911**	**216453**
EXPENSES						
Standing Committees						
Archives	200	200	620	200	-12	0
Corrections	360	360	55	360	41	106
GSIG Board	1000	1000	340	1000	427	109
Hosp & Treatment	1800	1800	916	1800	1255	584
PI/CPC	1800	1800	575	1800	2201	1200
Special Events	6500	6500	4400	6200	3463	9350
Third Legacy	250	250	0	50	0	0
Web and Tech	1500	1500	0	1500	100	0
Accessibility	2250	2250	1550	5500	1730	3100
Total Standing Committees	**15660**	**15660**	**8456**	**18410**	**9205**	**14449**
Paid Staff						
Wages	91400	91505	59500	89543	64574	76700
Payroll Taxes	7200	6900	4600	6406	4620	6000
Medical Dental & Vision Insurance	14400	2400	1100	1700	1274	1700
Total Paid Staff	**113000**	**100805**	**65200**	**97649**	**70468**	**84400**
Rent and Office						
Rent	53500	53500	35300	51815	38276	50500
Triple Net	21000	21000	14700	20000	16202	19000
Maintenance & Repair	2000	1000	1900	3500	2986	1000
Computer Upgrades	1000	1000	718	1000	866	200

Greeater Seattle Intergroup
Draft 2026 Budget

			2026 Group Contributio	2026 Net Income		
			$167,460	$0		
Category	**2026 Budget**	**2025 Forecast**	**2025 Actual Jan-August**	**2025 Budget**	**2024 Actual**	**2023 Actual**
Office Supplies	5000	5000	3400	2900	5137	3300
Software & Subscriptions	4800	5800	4175			
Electricity	4000	4000	2670	3335	2350	2700
Internet Service	4000	4000	2500	3940	1779	5000
Other Utilities	6750	6750	4400	5376	3793	4700
Call Forwarding	1560	1560	1800	1140	811	1000
Shipping	2135	1500	1000	3500	2135	3500
Office Upgrades	500	500	0	2000	3438	0
Total Rent and Office	**106245**	**105610**	**72563**	**98506**	**77773**	**90900**
Other Expenses						
Conference, Convention, Meetings	2000	2000	566	2000	1460	1500
Web Credit Card Fees	1500	2000	2928	1352	912	3800
Merchant Credit Card Fees	2000	2000	0	1976	1547	0
Insurance	7200	7200	7050	5466	1697	5300
Tax & Licenses	30	30	30	30	25	344
Professional Fees	4500	4500	4100	3600	8219	14520
Burien Little Assembly	150	150	150	150		150
B&O Tax	25	25	200	25	20	300
Total Other Expenses	**17405**	**17905**	**15024**	**14599**	**13880**	**25914**
Total Expenses	**252310**	**239980**	**161243**	**229164**	**171326**	**215663**
Net Operating Income	**0**	**(6,093)**	**2,377**	**2,080**	**(11,415)**	**790**
Prudent Reserve	**63078**			**57291**	**42832**	**53916**

This is the proposed 2026 Budget. Please share with your home groups. We will be voting on this budget at our annual Fall Assembly on December 16, 2025 at 7pm.

Every group is able to send a representative for voting at our assemblies.

Your input is invaluable, please come and be a part of the decision making at Seattle Intergroup!

Lara Randolph
info@seattleaa.org
content not written by AI
lara@seattleaa.org

I am responsible: when anyone, anywhere reaches out for help I want the hand of AA always to be there.

EVENT FLYERS

The Twelve Principles

of the

Twelve Steps

A monthly workshop for 2025



Join us as we explore what it means to practice these principles in all of our affairs.

How can these principles help us to live a more sane and sober life?

When: Fourth Wednesday of each month beginning in January @ 2:30pm

Where: Seattle Intergroup and Online

5507 6th Ave S. Seattle 98108

Meeting ID 830 7826 9547 Passcode 600554

For more information contact

info@seattleaa.org

Third Legacy Committee presents

SERVICE MANUAL STUDY

11AM TO 1PM

1ST SUNDAY OF EACH MONTH

We will be starting with the newest Service Manual beginning in November 2025



This event is at Seattle Intergroup and online

MEETING ID 863 6483 7688 PW 022841

5507 6TH AVE S., SEATTLE, WA 98108

BURIEN LITTLE ASSEMBLY PLANNING GROUP

WHEN

3rd SUNDAYS 10:30am-11:30am

August 17th, 2025
September 21st, 2025
October 19th, 2025
November 16th, 2025
December 21st, 2025
January 18th, 2026
February 15th, 2026

53RD ANNUAL BURIEN LITTLE ASSEMBLY

Humility in Action

Saturday, March 14, 2026

WWW.BURIENLITTLEASSEMBLY.ORG

JOIN US!

BLA IS SUPPORTED BY OUR 7TH TRADITION

PLEASE CONTRIBUTE

TO: BURIEN LITTLE ASSEMBLY
(c/o Greater Seattle Intergroup)
5507 6th Ave S.
Seattle, WA 98108

WHERE

ZOOM MEETING
ZOOM ID 810 1629 6713
PASSCODE 817009

DISTRICT 33

GRATITUDE BANQUET

Saturday, November 1st
5pm - 8pm

Tahoma High School Commons
(please use the east entrance off Hwy 169)

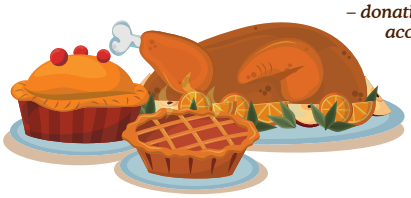
Turkey, ham, mashed potatoes & gravy provided.

Potluck-style sides and desserts by sobriety month ~

Jan-Aug: Side/Salad
Sept-Dec: Dessert

Speakers
50/50 Raffle
Sobriety Countdown

This is a FREE event
– donations gladly accepted



Questions? Want to volunteer?
Please contact Heather D.
425-877-5473

Join us as we study AA's

Twelve Traditions

Presented by

Greater Seattle Intergroup

Third Legacy Committee

Saturday November 8, 2025
9 AM - noon



Potluck brunch & Fellowship 8:30 - 9:00 AM
in person at Seattle Intergroup
5507 6th Ave. S. Seattle 98108

Join us on Zoom at
ID 893 5547 3708
Password 540866

Buck Creek Mens Retreat

WHEN
January 9-11, 2026

WHERE
THE SALVATION ARMY CAMP ARNOLD
33412 Webster Road E., Eatonville, WA 98328

RETREAT MASTERS
Marty J. – Richmond BC
Jeff B. – Richmond BC

REGISTER ONLINE AT
BuckCreekRetreat.com

SECURE YOUR SPOT – REGISTER TODAY

REGISTRATION FEE
$190

HOODIES
$40

RETREAT THEME
Steps 8 & 9

IF YOU HAVE QUESTIONS, CONTACT
Robert M.
253.209.1999

SCAN TO REGISTER

Gratitude BANQUET

Hosted by D15, D40 and D41

FRYDAY NOV 21 2025

ST. JOSEPH'S PARISH
732 18TH AVE E SEATTLE, WA 98112

FELLOWSHIP STARTS AT 5:30, DINNER AT 6:30PM, SPEAKERS AT 7:30
50/50 RAFFLE & 7TH TRADITION OBSERVED

HOST DISTRICTS WILL PROVIDE TURKEY, TOFURKEY, POTATOES, STUFFING, GRAVY, COFFEE & BEVERAGES.
GUESTS PROVIDE POTLUCK DISHES BASED ON FIRST NAME GUIDE BELOW:
A-I - DESSERTS
J-P - SIDE DISHES
Q-Z- SALADS
ASL INTERPRETATION WILL BE PROVIDED



In April 1986, four men discussed the idea of holding a National AA Men's Conference after hearing from some AA women about how successful their Women's Conference was every year. Ted H. was contacted by Sam L., Demers, Sam W., and Mike F. to collaborate. The men met at Ted's home in Cleveland, Ohio, to devise a plan of action.

Letters were sent out to the Cleveland AA community, inviting them to participate in the planning of the conference. A meeting was held in response, and a committee was formed to raise funds. The men set a fundraising goal of $1,500. Through raffles, picnics, dances, and out-of-pocket donations, they successfully raised the seed money needed to hold the first conference.

Since then, 36 cities have hosted the International AA Men's Conference. The 37th Annual 3-Day International AA Men's Conference will be held in Seattle, Washington, from April 10 to 12, 2026. We hope to see you there!

EVENT REGISTRATION
WWW.IAAMCAB.ORG OR BY MAIL AT: IAAMC 2026, 11012 CANYON RD E, SUITE 8 PMB 114, PUYALLUP, WA 98373 (Make checks payable to IAAMC 2026)
BOOK A HOTEL ROOM: HTTPS://BOOK.PASSKEY.COM/GO/IAAMC2026
For more information, contact Don N. at (253) 365-8073 or Jeffery R. at (253) 754-7617

- ☐ $ _____ Registration and Saturday Evening Banquet, $165.00
- ☐ $ _____ Registration only, $50.00
- ☐ $ _____ T-Shirt select size [S, M, L, XL: $19.50, 2X: $21.50, 3XL, 4XL, 5XL, 6XL: $23.50]
- ☐ _____ City Bus Tour of the Seattle Area (Coming Soon! Please check the www.iaamcab.org website for updates)

Total: $_____

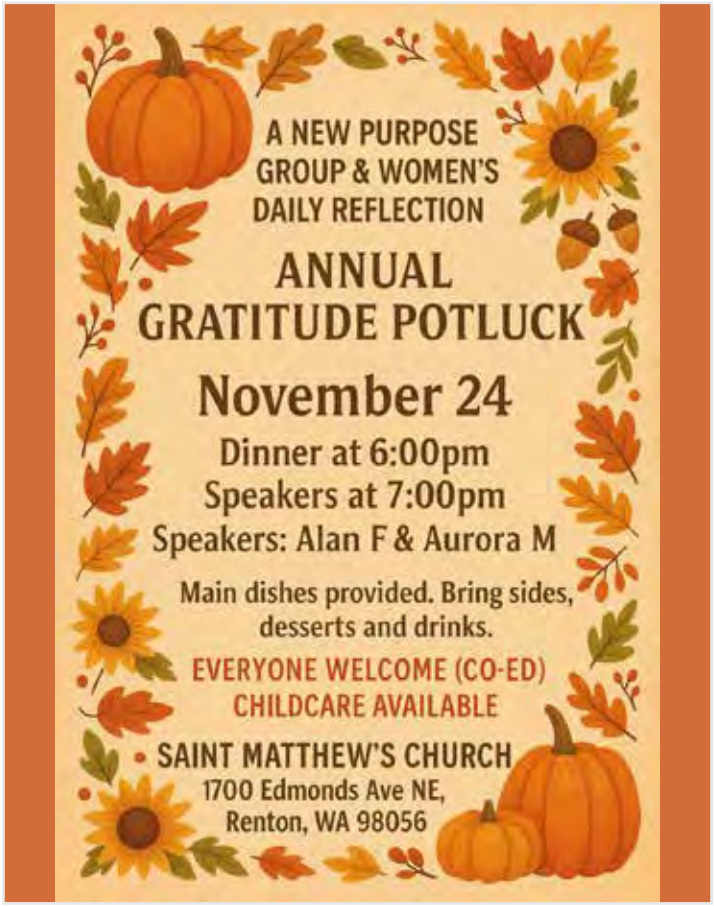
Name: _____
Phone: _____
Address 1: _____
Address 2: _____
City: _____
State: _____ Zip: _____
Email: _____

IAAMC NAAMC FOUNDED 1987


SEAHAWKS
WATCH PARTY
Fellowship · Food · Football · Fun
Seattle Seahawks vs. LA Rams
Sunday, November 16 · Kickoff 1:05 PM
Seattle Intergroup · 5507 6th Ave S ·
Seattle, WA 98108
11 AM Pregame Fellowship
50/50 Raffle · Football Square Pool
Burgers & Dogs Provided
Potluck – Bring Your Favorite Snack
And Don't Forget Your Hawk Gear!!


god
grant me the
serenity
to accept the
things i cannot
change, courage
to change the
things i can,
and wisdom
to know the
difference


IN NEED OF A MEETING BUT HAVE KIDDOS TO KEEP OCCUPIED?
WE'VE GOT YOU COVERED!
On Awakening
FREE CHILDCARE AT RYTHER
AA MEETINGS ON SUNDAYS
8 AM - 9 AM
2400 NE 95TH ST.
SEATTLE, WA 98115


A NEW PURPOSE GROUP & WOMEN'S DAILY REFLECTION
ANNUAL
GRATITUDE POTLUCK
November 24
Dinner at 6:00pm
Speakers at 7:00pm
Speakers: Alan F & Aurora M
Main dishes provided. Bring sides, desserts and drinks.
EVERYONE WELCOME (CO-ED)
CHILDCARE AVAILABLE
SAINT MATTHEW'S CHURCH
1700 Edmonds Ave NE,
Renton, WA 98056

Contribute to Washington State's 85th Anniversary Celebration

On April 19th, 1941, four alcoholics gathered in room 522 of the New Washington Hotel for the first meeting of Alcoholics Anonymous in Washington State.
Celebrate our statewide 85th Anniversary with us in Spring 2026.
In an attempt to raise funds for this event we are offering members a permanent place in the history of AA of WA.
We are purchasing two beautiful leather journal style books to record your donations which will become a part of Area 72 and Area 92 archives forever.
Our suggested contribution is $1.00/year of sobriety
The entry in the book will reflect name, home group sobriety date Area and District.
To contribute digitally please scan the QR Code

HELP US CELEBRATE

85 YEARS OF AA IN WASHINGTON

PLANNINGMEETING

NOVEMBER 1, 2025
NOVEMBER 15, 2025
NOVEMBER 29, 2025

4 PM-5PM

AA WILL BE 85 YEARS OLD ON APRIL 19,2026

In person at Seattle Intergroup
Tacoma Central Service Office
Vancouver Intergroup

Online at: Meeting ID: 892 1628 9830
Passcode: 456122

For more info contact Seattle, Eastside or Tacoma CSO/Integroup

NATIVE AMERICAN GROUP

Gratitude Banquet

WE WILL HAVE 2 SPEAKERS
HENRY C FROM MUCKLESHOOT
AND RONA YELLOWROBE FROM TACOMA

NOVEMBER 15

12PM-1PM SETUP

1PM DOORS OPEN

5507 6TH AVE S SEATTLE WA 98108

PLEASE BRING A SIDE DISH AND A RAFFLE ITEM

GREATER SEATTLE INTERGROUP
ALCOHOLICS ANONYMOUS

THE SEATTLE GROUP
An open meeting of Alcoholics Anonymous

Saturdays at 6:00PM
5507 6th Ave S.
Seattle, Wa. 98108

Join us for Fellowship at 5:30PM
Speakers at 6:00PM

SCHEDULED SPEAKERS

November 1st Reese

November 8th Michelle D.

November 15th Ford S.

November 22nd Emilio L.

November 29th Bruce P.

December 6th Abby P.

December 13th Lisa S.

December 20th Tiffany T.

December 27th Cindy H.

High & Dry

Editor: Peter J. (newsletter@seattleaa.org)

Contributors: Zoya K., Jenza, Ruth P., Lara. R., William B., Janet V., Stephan M., Jeff O., Cynthia S.

Mailing Team: Irreplaceable Volunteers

The High & Dry is published monthly by an all-volunteer staff at the Greater Seattle Intergroup office, 5507 6th Avenue South, Seattle WA 98108 (Phone: 206-587-2838) www.seattleaa.org

Do you have something you would like to submit to The High & Dry newsletter?
We would love to see your event flyers, letters, stories, photos, drawings, poetry, interviews, and whatever else you would like to share with other members in and around Seattle.

H&D deadline is the 25th of each month.

Subscriptions — Please consider subscribing to the High & Dry newsletter!
Your contribution helps fund the services we provide. Suggested annual donation for hard copy is $12/year and digital copy $10/year. To subscribe visit: *SeattleAA.org/intergroup/newsletter/*

Greater Seattle Intergroup
of Alcoholics Anonymous

Get Involved

If you are interested in getting involved with the Greater Seattle Intergroup, please fill out this form and mail it to us, email it to us at *info@seattleaa.org*, or give Lara or Anita a call at (206) 587-2838.

Name:	
Address:	
City/Zip:	
AA Anniversary/ # of years	
Contribution enclosed or I am Interested in:	
Home Group:	

If mailing, send this form to:
Greater Seattle Intergroup, 5507 6th Ave S. Seattle, WA 98108

Link to GSIG Online Contributions

https://www.seattleaa.org/online-contributions/